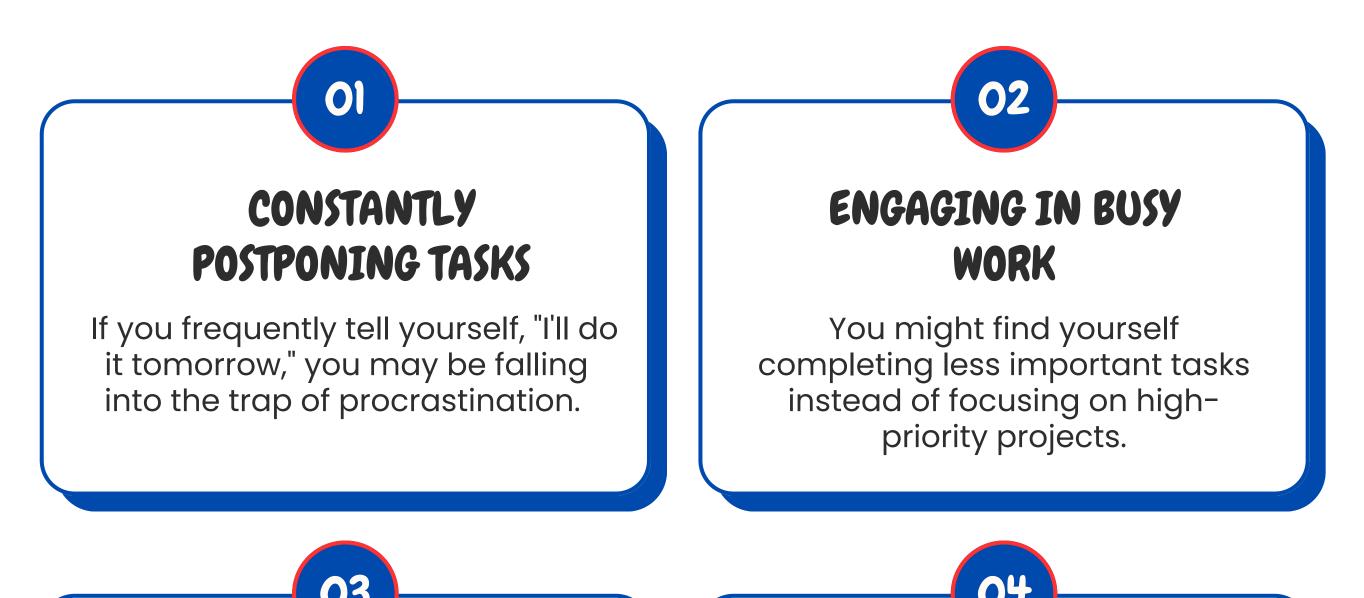
# 6 Signs You May Be A Procrastinator!

## IDENTIFYING THESE WARNING SIGNS





#### OVERWHELMING ANXIETY ABOUT TASKS

If you notice that anxiety drives you to distract yourself with more enjoyable activities, it's a clear sign of procrastination.

## GETTING DISTRACTED EASILY

If you find your mind wandering during work instead of focusing on tasks, this could indicate a tendency to procrastinate.

#### OVER-PREPARING INSTEAD OF TAKING ACTION

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Spending excessive time researching or planning without executing can be a form of procrastination.

### FEELING OVERWHELMED BY YOUR TO-DO LIST

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A long list of tasks can cause paralysis by analysis, where you feel overwhelmed and end up doing nothing.